



Rose Centers Directory

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HOME DELIVERED MEALS

Meal Cancellations:

216-373-1994

Hours: Mon- Friday 8:00am -5:00pm

Staff:

Jacqueline Hart, HDM Administrator
 Christine Maslar, HDM Social Worker
 Jennifer Meigs, HDM Social Worker
 Bonnie Paul, HDM Social Worker
 Anthony Bolden, Driver/Jumper
 Carmetta Brabson, Driver/Jumper
 Jameel Brabson, Driver/Jumper
 Micheal Brown, Driver/Jumper
 Anthony Childress, Driver/Jumper
 Donna Dozier, Driver/Jumper/Generalist
 Denham Fletcher, Driver/Jumper
 Bruce Fowler, Driver/Jumper
 Alexander Franklin, Driver/Jumper
 Joseph Grair, Fleet Manager
 Brandon Horne, Driver/Jumper
 Thomas Rankins, Driver Jumper
 Anthony Ray, Driver/Jumper
 Lander Redrick, Driver/Jumper
 Carl Rudolph, Driver/Jumper
 Cordell Rudolph, Driver/Jumper
 Danny Smith, Driver/Jumper
 George Sturdivant, Driver/Jumper
 Kenneth Vaughn, Driver/Jumper
 Arthur Walker, Driver/Jumper

ROSE CENTERS ADMINISTRATION

Dabney K. Conwell

Vice President, Health and Wellness

Melissa Winberry

Assistant Director, Health and Wellness

Tim Frey

Program Director, Health and Wellness

Aja Harris

Administrative Coordinator

ROSE CENTER DIRECTORY

East Cleveland Rose Center.....Phone: 216-373-1696

1507 Doan Avenue, Cleveland, OH 44112 M–F 10am-3pm

Kia Keaton, Center Director

Kathleen Woodson, Program Assistant

Gunning Park Rose Center Phone: 216-373-1735

16700 Puritas Road, Cleveland, OH 44135 M–F 8:30am-3pm

Trina Roddy, Center Director

Christa Smith, Program Assistant & Activities Coordinator

Brittney Schill, Kitchen Aide

Lakeshore Rose Center Phone: 216-373-1939

16600 Lakeshore Blvd, Cleveland, OH 44110 M–F 10am-3pm

Carla Collins, Center Director

Robin Whitted, Program Assistant

David Blackman, Custodian

King Kennedy Rose Center Phone: 216-401-6561

2501 East 59th Street, Cleveland, OH 44104 M–F 8am-2pm

Cat Mohar, Nutrition Site Coordinator

Gary McCoy & Mary Wallace, Kitchen Aide

Riverview Towers Rose Center.....Phone: 216-373-

1793

1795 West 25th Street, Cleveland, OH 44113 M–F 9am-2pm

Linda Robinson, Nutrition Site Coordinator

Carla Epps & Clarence Golston, Kitchen Aide

Old Brooklyn Rose Center Phone: 216-749-5367

3100 Devonshire Rd, Cleveland, OH 44109 M–F 10am-3pm

Trevon Edwards, Center Director

Tina Ribnicky, Program Assistant

Cassandra Chambers, Activities Coordinator

Shuranda Colvin, Kitchen Aide

Rose Center at Fairhill Partners..... Phone: 216-421-1350 x162

12000 Fairhill Road, Cleveland, OH 44120 M-F 11:30am-12:30pm

*Contact Carol Gatto to make a lunch reservation.

Don't forget to give your suggested \$1.00/day meal donation to your center staff or delivery person.

Rose Centers News



Did You Know?

Daffodils are one of the earliest signs of spring—and they can bloom even when the weather is still chilly!



REMINDER

HDM Reminder to Update your Info:

If you change your phone number please call the HDM Administrator at 216-373-1994 to report your new phone number. If you reach voicemail, please leave your name, address and new phone number on the message.

Be sure to listen to your messages from the automated messaging system to hear reminders and important announcements.

Don't Call—Just Listen

Calls will be from 216-799-0461

*You will receive program alerts via phone calls, text messages, or email for FREE!

If you will not be home to receive your delivery, please call to cancel that day's delivery.

Canceling in advance allows us to continue offering this vital service to our community.

~Call 216-373-1994 ~

March Virtual

FINANCIAL EDUCATION Workshops

Workshop Schedule:

- ✓ **Monday:** Avoiding Financial Exploitation
- ✓ **Tuesday:** Estate Planning
- ✓ **Wednesday:** Goal Setting and Budgeting
- ✓ **Thursday:** Understanding Credit and Debt
- ✓ **Friday:** Benefiting from Benefits

Workshops will be held via Zoom from 2:00 PM to 3:00 PM each day.
To register, please visit our website at www.benrose.org



March Community Events

March 5 —Community Cooking Demonstration, Daves Market Midtown 4pm-5pm

March 17—St. Patrick's Day Parade: Downtown with a 1:04pm start time.

Happy St. Patrick's Day



Did you know?

Did you know that all of our home delivered meal plans are heart healthy and low sodium?

Fresh, healthy and fulfilling food is an important aspect of maintaining wellness.

Old Brooklyn

Center Trips This Month

03/09- Women's International Air and Space Museum @ 10AM
FREE

03/20- Cleveland Aquarium @ 10AM
\$19.95 Per Person

03/24-Rocky River Library- Tech Chat and Cowan Pottery Museum @ 10AM
FREE

See Cassie for all sign-ups

Upcoming Special Events

03/10- Craft w/ Christine
10AM

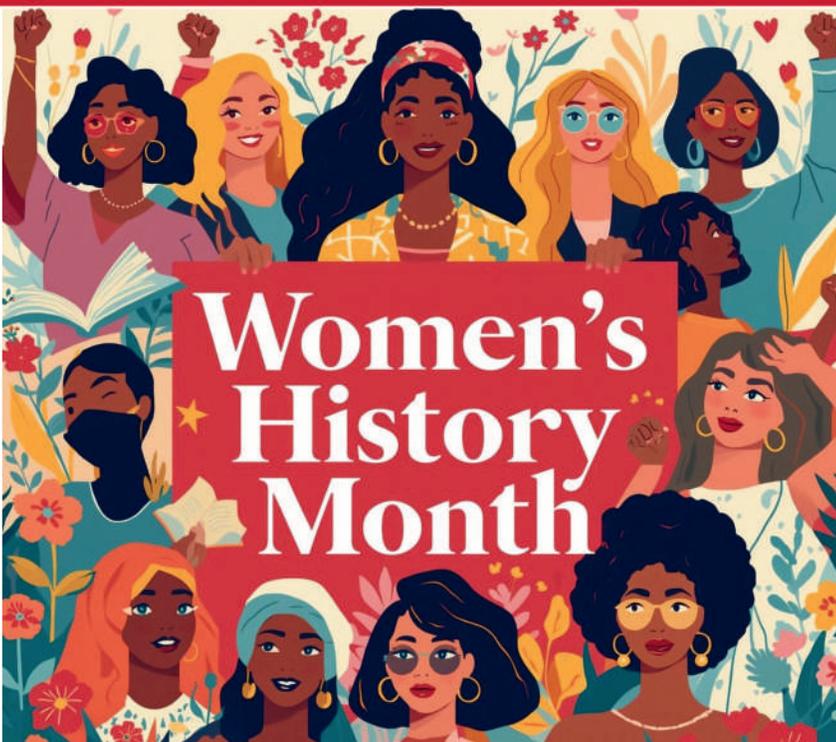
03/11- Benjamin Rose Tax Services
9AM-2PM

03/17- St. Patty's Day Party
w/Lakeshore
10AM

03/19- Blood Pressures @
10:30AM

03/27- Spring Craft w/Cassie 10AM

**EXERCISE CLASSES EVERY
TUESDAY, WEDNESDAY AND
FRIDAY AT 12:30PM!!!**



10 Facts about Women's History Month

1. The first Women's History Day was held in 1909.
2. In 1987, Women's History Month began.
3. Wyoming Territory was the first place to grant women the right to vote.
4. It wasn't until 1965 that all women could legally vote.
5. Women couldn't get credit cards on their own until 1974.
6. Marie Curie was the first woman to receive two Nobel prizes.
7. Women make up 27% of Congress.
8. Eleanor Roosevelt held all-woman press conferences.
9. In 2021, 57.8% of all women participated in the labor force.
10. Women make up 14% of active-duty military members.

"The most effective way to do it, is to do it." - Amelia Earhart

Reminders

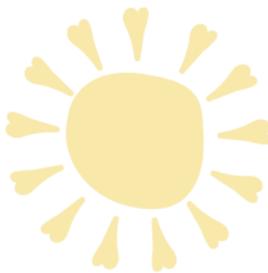
Please make sure you are signing up for your lunch and transportation to and from the center on **Mondays and/or Tuesdays** of each week.

See Front Desk



Old Brooklyn

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:30 Coffee & Music 10:00 Veggie Box 12:30 Bingo</p>	<p>3 8:30 Board Games 10:00 Wellness 12:30 Stability & Strength</p>	<p>4 8:30 Puzzles 10:00 COST 12:30 Yoga Shopping (Marcs)</p>	<p>5 8:30 Coffee & Chitchat 10:00 Trivia 10:30 Volleyball 12:30 Bingo</p>	<p>6 8:30 Crafts 10:00 COST 12:00 Lunch 12:30 Tai-Chi</p>
<p>9 8:30 Coffee & Music 10:00 Women's Space Museum 12:30 Bingo</p>	<p>10 8:30 Board Games 10:00 Crafts w/ Christine 12:30 Stability & Strength</p>	<p>11 8:30 Puzzles 9:00 BR Tax Services 12:30 Yoga Shopping (Walmart)</p>	<p>12 8:30 Coffee & Chitchat 10:00 Trivia 10:30 Volleyball 12:30 Bingo</p>	<p>13 8:30 Crafts 10:00 Movie Day 12:00 Lunch 12:30 Tai-Chi</p>
<p>16 8:30 Coffee & Music 10:00 Meditation 12:30 Bingo</p>	<p>17 8:30 Board Games 10:00 Party 12:30 Stability & Strength </p>	<p>18 8:30 Puzzles 10:00 Heart Health w/ Cassie 12:30 Yoga Shopping (Giant Eagle)</p>	<p>19 8:30 Coffee & Chitchat 10:00 Trivia 10:30 BP 10:30 Volleyball 12:30 Bingo</p>	<p>20 8:30 Crafts 10:00 Aquarium 12:00 Lunch 12:30 Tai-Chi </p>
<p>23 8:30 Coffee & Music 10:00 Meditation 12:30 Bingo</p>	<p>24 8:30 Board Games 10:00 Rocky River Library 12:30 Stability & Strength</p>	<p>25 8:30 Puzzles 10:00 Food Pyramid 12:30 Yoga Shopping (SaveALot)</p>	<p>26 8:30 Coffee & Chitchat 10:00 Trivia 10:30 Volleyball 12:30 Bingo</p>	<p>27 8:30 Crafts 10:00 Spring Craft 12:00 Lunch 12:30 Tai-Chi</p>
<p>30 8:30 Coffee & Music 10:00 Meditation 12:30 Bingo</p>	<p>31 8:30 Board Games 10:00 Cooking w/ Cassie 12:30 Stability & Strength</p>			

East Cleveland

WEEKLY PROGRAMMING

Tai Chi Mondays -12:30pm
Art with Laura Tuesdays -9:45am
Yoga 2nd & 4th Wednesday-12:30pm
Bingo Tuesdays- 12:30pm
Bible Study 1st & 3rd Wednesday-1:00pm
Lunch w/Chef Tuesday-Thursday
Build a Bouquet 4th Thursday -11a
Craft Time Thursday -12:30p
Tech Time Friday-10:30a

March



Please help us celebrate our Participants granddaughter Laila Edwards on her performance in the 2026 Olympics

REMINDERS

Please make your weekly meal and/or transportation reservation on Mondays before 11:00 am for the next week
Thank you!

Upcoming Special Events/Trips

March 2nd & 16th-

Dancing Wheels:
Dance for Every Body

March 10th- Special Trip

March 12th- Saber Health:
My Mom, My Health & Me

March 13th - Benjamin Rose Financial
Education Workshop:
Budgeting & Goal Setting

March 27th- Benjamin Rose Financial
Education Workshop:
Understanding Credit & Debt

March 31st- Near West Theatre:
Creative Aging Program

East Cleveland

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:00 Dance for everybody class</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>3</p> <p>9:45 ART w/Laura</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p>4</p> <p>10:00 Dominoes</p> <p>12:00 Lunch w/ Chef</p> <p>1:00 Bible Study</p>	<p>5</p> <p>9:30 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch</p> <p>12:30 Craft Time</p>	<p>6</p> <p>10:00 Dominoes</p> <p>10:30 Tech Corner</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>9</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>10</p> <p>9:45 ART w/Laura</p> <p>11:00 Special Trip</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p>11</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 Yoga</p>	<p>12</p> <p>10:00 My Mom, My Health & Me</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch</p> <p>12:30 Craft Time</p>	<p>13</p> <p>10:00 Goal Setting & Budgeting</p> <p>10:30 Tech Corner</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>16</p> <p>10:00 Games</p> <p>11:00 Dance for everybody class</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>17</p> <p>9:45 ART w/Laura</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p>18</p> <p>10:00 Dominoes</p> <p>12:00 Lunch w/ Chef</p> <p>1:00 Bible Study</p>	<p>19</p> <p>9:30 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch</p> <p>12:30 Craft Time</p>	<p>20</p> <p>10:00 Dominoes</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>23</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>24</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p>25</p> <p>10:00 Dominoes</p> <p>12:00 Lunch</p> <p>12:30 Yoga</p>	<p>26</p> <p>9:30 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch</p> <p>12:30 Craft Time</p>	<p>27</p> <p>10:00 Understanding Credit & Debt</p> <p>10:30 Tech Corner</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>30</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>31</p> <p>10:30 Creative Aging program</p> <p>12:00 Lunch</p> <p>12:30 </p>	<p></p> <p>CALL ON MONDAY FOR NEXT WEEK'S TRANSPORTATION & MEAL ORDER</p>	<p><i>Women's</i> History Month</p> 	<p>March into Nutrition Month</p> <p>Take small steps to healthier eating</p>  <p>Eat one more fruit and vegetable each day</p>

Gunning Park

WEEKLY PROGRAMMING

Bingo, Cardio Dance,
Pokeno,
Dancercise, Pinochle,
Fitness Fusion,
Dominoes,
Tai Chi, Volleyball,
Line Dance,
Senior Swimming
& Walking

Upcoming Special Events

Near West Theatre at Gunning Park Rose Center
on 3/20 & 3/27 at 10:00 am.

St. Patrick's Day Event
on 3/17 at 10:00 am

Department of Aging
"Steps to Safety Training"
on 3/23/26 at 10:00 am

Special Trip:

The Cleveland Museum of Art
on 3/24 at 10:15 am to 1:00 pm.



Monthly Programs

EMS Screenings
Fresh Flowers
Commodity Food Box
Young Art Center
Music Therapy
S.P.I.C.E - It Up
Cooking Club



REMINDERS

Please make your weekly meal and
or transportation reservation on
Mondays before 10:00 am.

Thank you!



Gunning Park

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	3 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch 12:30 STC Pick-up	4 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	5 9:30 Pinochle 9:30 EMS Screening 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	6 9:30 Walking 10:00 Young Art Center 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
9 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	10 9:30 Pinochle 10:00 Music Bingo 11:30 Lunch 12:00 Fresh Flowers 12:30 STC Pick-up	11 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	12 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	13 9:30 Walking 10:00 Loving Hands Group 11:30 Lunch 2:00 STC Pick-up
16 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes 2:00 STC Pick-up	17 10:00 St. Patrick's Day Event 9:30 Pinochle 11:30 Lunch 12:30 STC Pick-up	18 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	19 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	20 9:30 Walking 10:00 Near West Theatre 11:30 Lunch 12:30 Bingo 2:00 Pick-up
23 10:00 Dept of Aging Steps to Safety Training 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes 2:00 STC Pick-up	24 9:30 Pinochle 10:00 Dancer-cise 10:15 Cleveland Museum of Art 11:30 Lunch 12:30 STC Pick-up	25 9:30 Walking 9:30 Food Box 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	26 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	27 9:30 Walking 10:00 Near West Theatre 11:30 Lunch 12:30 Bingo STC Pick-up
30 9:30 S.P.I.C.E. -It Up 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes 2:00 STC Pick-up	31 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch 12:30 STC Pick-up	 <p>HAPPY ST. PATRICK'S DAY</p>		

Lakeshore

Center Trips This Month

March 2nd- Walmart
March 10th- Fuji Bar and Grill
March 17th- RCAW Old
Brooklyn

Upcoming Special Events

March 3- ResiHealth
Presentation

March 12- Arts and Crafts
sponsored by Humana

March 26th- VITA Tax Day at
Lakeshore



A REMINDER:

Please remember to make meal reservations and transportation changes on Tuesdays by 3p.m.

Weekly Programming
Mondays- Aerobics/ Book club
Tuesdays- Cardio line dancing/bible study
Wednesdays- Bingo
Thursdays- Zumba/ bible study

Lakeshore

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Fitness w/ Christine 11:30 Lunch 12:00 Book Club Walmart	3 10:00 Cardio Line Dancing 11:30 Lunch 12:00 ResiHealth Presentation	4 10:00 Bingo 11:30 Lunch 12:00 NWT Creative Art Class	5 10:00 Zumba 11:30 Lunch 12:00 Bible Study	6 10:00 Women's Day Trivia 11:30 Lunch 12:00 Games
9 10:00 Fitness w/ Christine 11:30 Lunch 12:00 Book Club	10 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Bible Study Fuji Bar and Grill	11 10:00 Bingo 11:30 Lunch 12:00 NWT Creative Art Class	12 10:00 Zumba 11:30 Lunch 12:00 Bible Study 1:00 Arts and Crafts by Humana	13 10:00 IG School 11:30 Lunch 12:00 Movie
16 10:00 Fitness w/ Christine 11:30 Lunch 12:00 Book Club	17 10:00 Cardi Line Dancing 11:30 Lunch 12:00 Bible Study RCAW Old Brooklyn	18 10:00 Art w/Chris 11:30 Lunch 12:00 Bingo	19 10:00 Zumba 11:30 Lunch 12:00 Bible Study	20 10:00 IG School 11:30 Lunch 12:00 Games
23 10:00 Fitness w/ Christine 11:30 Lunch 12:00 Book Club	24 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Bible Study	25 10:00 Bingo 11:30 Lunch 12:00 Pokeno MGM Northfield	26 10:00 Zumba 11:30 Lunch 12:00 Bible study VITA Tax day	27 10:00 Left Right Center 11:30 Lunch 12:00 Arts and Crafts w/ Michelle
30 10:00 Fitness w/ Christine 11:30 Lunch 12:00 Book Club	31 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Bible Study Birthday Celebration			

Rose on the Go

Stronger Together This Spring!

As the days grow longer and temperatures begin to rise, Spring is the perfect time to reconnect with your community. Attending local events can support both mental and physical health by reducing feelings of isolation, boosting mood, and encouraging gentle activity like walking and socializing. Shared experiences—whether chatting with neighbors or discovering something new—help strengthen a sense of belonging and purpose, both of which are important for overall wellbeing.

Northeast Ohio offers plenty of ways to get involved this spring. Enjoy a traditional Friday fish fry during Lent, browse fresh produce and local goods at area farmers markets like those in Tremont and Ohio City, or visit the iconic West Side Market for a lively neighborhood experience. Seasonal festivals, art walks, and outdoor events also begin to return, making it easy to find opportunities to connect, explore, and celebrate the arrival of warmer days.

Challenge yourself to attend at least one community event this month—you may be surprised by how refreshed, energized, and connected you feel!



King Kennedy & Riverview Towers



“To-go” style meals have been discontinued.



March 24th - Senior Boxes at King Kennedy



Did You Know?

March is named after Mars, the Roman god of war—but in ancient times it actually marked the start of the new year. For many cultures, March symbolized renewal, longer days, and new beginnings, which is why it’s still closely associated with the arrival of spring

March 2026 WRAAA Menu



Monday	Tuesday	Wednesday	Thursday	Friday	
2 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Sweet Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Cranberry Juice 4 oz RB ALT = CS	3 *Steak Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas Whole Grain White Pineapple ½ c TR ALT = CBG	4 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Antigua Blend ½ c *Cauliflower ½ c Whole Grain Wheat Apricots ½ c T ALT = CF	5 *BBQ Chicken Breast 3 oz Macaroni and Cheese 1/2c *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain White Banana RB ALT = CBG	6 *Breaded Fish 4 oz Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c W.G. Hamburger Bun Applesauce ½ c RB ALT = CF	
9 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c, *Gravy 2 oz *Lima Beans ½ c W.G. Dinner Roll 2 oz Apple Juice 4 oz RB ALT = CS	10 *Beef Lasagna 6 oz *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Grapes 1 c T ALT = CBG	11 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c, *Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c RB ALT = CF	12 *Beef Sloppy Joe 4 oz *Cauliflower ½ c * Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c TR ALT = CBG	13 *Vegetable Lasagna 6 oz *Carrots ½ c, *Succotash ½ c Whole Grain Wheat Orange W.G. Vanilla Wafers 1 oz RB ALT = CF	
16 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c W.G. Corn Bread 2 oz Sliced Pears ½ c T ALT = CS	17 *3 oz. Corned Beef Mustard 1 PC Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c TR ALT = CBG	18 *Lemon Gravy 2 oz/ Chicken 3 oz *Brown Rice ½ c Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Orange RB ALT = CF	19 *Swedish Meatballs 3-1 oz w/Gravy 2 oz./ *Noodles ½ c *California Blend ½ c Sautéed Mushrooms ½ c Whole Grain White Banana TR ALT = CBG	20 2-2 oz. Stuffed Shells w/ Sauce 2 oz *Spinach ½ c/1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Sliced Peaches ½ c RB ALT=CF	
23 *Breaded Chicken Patty 3 oz Mayo 1 PC *Corn ½ c *Roasted Diced Potatoes ½ c Whole Grain bun 2 oz Sliced Pears ½ c RB ALT = CS	24 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Key Largo ½ c W. G. Dinner Roll 2 oz Banana TR ALT = CBG	25 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c, Zucchini ½ c Dinner Roll 1 oz Mandarin Oranges ½ c RB ALT = CF	26 *Beef Meatloaf w/ Ketchup Glaze 3 oz *Mashed Potatoes ½ c/2 oz gravy *Broccoli ½ c 2 Whole Grain White Pineapple ½ c T ALT = CBG	27 *Breaded Fish 4 oz Tartar Sauce 1 PC *Green Peas ½ c *Roasted Potato Wedges ½ c W.G. Hamburger Bun Grapes 1 c TR ALT = CF	
30 *Stuffed Pepper 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Peaches ½ c TR ALT = CS	31 *Baked Chicken Breast 3 oz *Noodles ½ c w *Gravy 2 oz *Green Beans ½ c *Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c RB ALT = CBG	<p>Menu Approved by: <i>Ann Stabbeber, MS, RDN, LD</i></p> <p>Choice of : 1% Milk, Buttermilk, or Calcium Fortified Juice</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk</p>			

Western Reserve Area Agency on Aging - 2026

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad w/Lettuce, Ham, Egg, Cheese

*Come on down for a hot meal
every second Saturday
from 12:30-2pm*

- DONATIONS WELCOME -
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DIVINE OUTREACH MINISTRY
East Cleveland Transitional Housing
216-255-6953



chernin@sbcglobal.net
Dorothy Carmack,
Executive Director

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CASE WESTERN RESERVE
UNIVERSITY

**Volunteers Needed for Research Study
on Unpaid Caregivers of Individuals
with Alzheimer's or
Dementia related disorders
who reside in a care facility.**

Are you an unpaid caregiver of a family member, loved one, or friend who has Alzheimer's disease-related dementias and resides in a care facility? You may be eligible for a study that helps us to understand how we can best support the needs of individuals like you.

You May Qualify If You

- Are 25 years of age and older.
- Are of current or former unpaid caregiver (within the last 5 years) of an individual with Dementia or Alzheimer's-related disorders who resides in a care facility.
- Can read, speak, and write English.

Participation Involves

- Participating in an individual interview.
- Completing a survey on caregiver stress.

Location: Virtually or via telephone

Participants will be compensated.

Potential Benefits

Participating in this study may help to improve complicated grief group therapy for diverse racial and ethnic individuals

Scan the QR code to begin the Survey!



FOR MORE INFORMATION

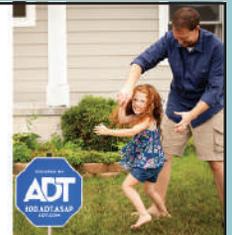
Please contact Siobhan Aaron at 216-368-5748 or email siobhan.aaron@case.edu

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